

# How to Read a Food Label

Nutrition Facts		EXAMPLE FOOD LABEL	
Serving Size 1 cup (252g) Serving Per Container 2			
Amount Per Serving		Calories from Fat 25	
<b>Calories 270</b>		<b>% Daily Values*</b>	
<b>Total Fat 1g</b>		<b>2%</b>	
Saturated Fat 0g		<b>0%</b>	
<b>Trans Fat 0g</b>		<b>0%</b>	
<b>Cholesterol 0mg</b>		<b>5%</b>	
<b>Sodium 130mg</b>		<b>5%</b>	
<b>Total Carbohydrate 43g</b>		<b>14%</b>	
Dietary Fiber 6g		<b>24%</b>	
Sugars 0g			
<b>Protein 9g</b>		<b>18%</b>	

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your Daily Values may be higher or lower depending on your calorie needs.

Calories: 2,000

	Calories: 2,000	2,500
Total Fat	65g	80g
Sat Fat	20g	25g
Cholesterol	300mg	300mg
Sodium	2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

**FAT:** <20% # of calories per serving  
*TIP: Divide # of calories from fat by # of calories per serving*

**TRANS FAT:** NO trans fat (avoid margarine, shortening and partially hydrogenated oils in the ingredient list)

**CHOLESTEROL:** ZERO

**SODIUM:** < # of calories per serving (i.e. 1:1 ratio or less)

## NUTRITION CHEAT SHEET

<b>FAT &lt; 20%</b>	# OF CALORIES PER SERVING
<b>NO TRANS FAT</b>	<b>ZERO CHOLESTEROL</b>
<b>SODIUM &lt;</b>	# OF CALORIES PER SERVING
<b>CARBOHYDRATES: LOOK FOR WHOLE GRAINS</b>	
<b>AVOID ADDED SUGAR</b>	<b>2-3</b>
	GRAMS OF FIBER PER SERVING
<b>NO ADDED OIL</b>	

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## Understanding the Ingredients

**CARBOHYDRATES:** NO refined carbohydrates — signified by words *enriched* or *white* (e.g. enriched wheat flour, enriched bleached flour, all-purpose flour). Look for whole grains in the ingredient list — signified by words *whole*, *rolled*, *stone ground*, or *cracked* (e.g. whole grain flour, rolled oats, ground-on-stone whole-wheat flour, wheat berries, bulgur, cracked wheat).

**SUGARS:** AVOID any added sugars among the first 3 to 5 ingredients (e.g. high fructose corn syrup, fructose, sucrose, evaporated cane juice, honey, molasses, agave, maple syrup).

**OIL:** NO added oil, especially coconut and palm oils, any animal saturated fats (e.g. butter, cheese, lard), or partially hydrogenated fats (e.g. margarine, shortening).

**GENERAL TIPS:** The most healthful foods are the fresh and frozen produce. Fill your plate with plenty of vegetables, starchy vegetables, fruits, legumes — e.g. peas, beans, lentils, and intact whole grains — e.g. brown rice, maize (corn), oat, wheat, barley. Avoid highly processed foods. Give preference to minimally processed foods that follow these guidelines.

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Adapted from: *Should I Eat That: How To Choose The Healthiest Foods* by Jeff Novick, MS, RD